



# SAFETY GRAM



## Protection of Soldiers and Workers During Adverse Weather Conditions

**WARNING:** Failure to maintain situational awareness and control of the work location during adverse weather conditions can result in the loss of life.

**BACKGROUND:** Exposure to cold and wet conditions may cause serious health problems. Submersion foot, and hypothermia are common to the Southern states during the winter months when there is an abundance of rain fall and freezing temperatures.

**USER ACTIONS:** The Occupational Safety and Health Administration (OSHA) reminds us at this time of year to take the necessary precautions to prevent cold-related injuries.

### **CONTROL MEASURES:**

Recognize adverse conditions that may be dangerous.

Learn the signs and symptoms of cold-related illnesses and injuries.

Train everyone on how to prevent, recognize, and treat these illnesses and injuries.

Avoid exhaustion or fatigue by allowing frequent, short breaks in a warm dry shelter.

Work in pairs or teams; ensure the proper clothing is worn for the existing or anticipated adverse weather.

Drink warm, sweet beverages and avoid drinks with caffeine or alcohol.

Eat warm, high-calorie foods.

Individuals face an increased risk if they are taking medications, are in poor physical condition or suffer from other illnesses such as diabetes, hypertension or cardiovascular disease.

**JRTC & FORT POLK SAFETY OFFICE**  
Free copies of the OSHA Cold Stress Card is available on their website, [www.osha.gov](http://www.osha.gov) or call (800) 321-OSHA (6742).

